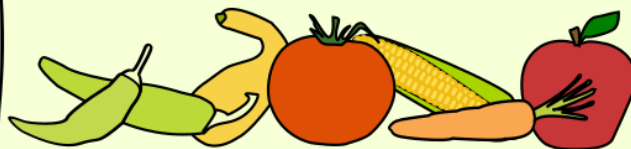


# Norton Friends & Farmers Market

Tuesday,  
June 7, 2016  
4-6 PM



815 Park Ave., S.W.  
Downtown Norton  
Rain or Shine

The Best of Home Grown, Home Baked and Hand Crafted by Local Farmers, Bakers and Artisans

## Recipe of the Week

### Goat Cheese, Caramelized Onion and Spinach Quesadilla



#### Ingredients

- 1 tablespoon olive oil
- 2 cups thinly sliced onion
- 1 teaspoon sugar
- 1/4 teaspoon salt
- 9 ounces baby spinach
- 4 8 - inches whole-wheat flour tortillas
- 4 ounces semisoft goat

#### Directions

Heat the oil in a large nonstick skillet over medium-high heat. Add the onion, sugar and salt; cook, stirring occasionally, until onion is dark golden brown. Remove from pan. Add the spinach and 1 tablespoon water to the skillet; cook 2 minutes, or until spinach is just wilted. Remove from skillet and turn off heat. Spread a quarter of the goat cheese on each tortilla and top with spinach, tomato and onion; fold closed and press lightly. Heat the skillet and place two folded quesadillas in it; cook two minutes per side, or until golden brown and lightly crisp. Repeat.

<http://www.fitnessmagazine.com>

## What's at the Market this Week

Our terrific Farmers and Vendors bring us a variety of goods this week:

### Baked Goods:

Raisin Bread,  
Pretzels, Scones,  
Muffins, Jalapeno  
Popper Bread,  
Cinnamon Buns and Chocolate Babka.



### Fruits and Vegetables:

Romaine Lettuce, Onions,  
New Potatoes, Peas,  
Cabbage and Dried Apples.

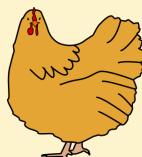
### Meat and Dairy:

Pork Meat, Eggs (Duck and Chicken), and  
a Variety of Goat Cheeses.

(What's at the Market continues on Page 2)

## Current Events

The Market held our 3rd Annual Fit Farmer 5K on Saturday, May 14th. This race benefited our "Senior Supplement Program" also known as "Senior Tokens". Thanks to all of our generous sponsors and wonderful registrants, we were able to raise \$1,300 for our program. Senior Tokens become available in July.



Like us on Facebook at  
Norton Friends and Farmers Market  
and visit our website at  
[www.nortonva.gov/farmersmarket](http://www.nortonva.gov/farmersmarket)



# Norton Friends & Farmers Market

Real Farmers...Real People...Real Community

## What's at the Market this Week

### Canned Goods:

Mixed Pickles, Pickled Kraut, Apple Butter, Honey, Chow-Chow, Jelly and Syrups.



### Plants:

Ornamental Grass, Vinca Vine, Burning Bushes, and Old Fashioned Lilacs.



### Crafts, Jewelry and Clothing:

Knitted Items, Wooden Bowls, Paper Crafts, Socks, Shoe Insoles, Gloves, Toboggans, Headbands, and Scarves Made from Alpaca Fiber, Fused Art Glass and Gemstone and Glass Jewelry.



### Other Items:

Goat Milk Lotions and Soaps, Fishing Lures Made From Alpaca Fibers and Alpaca Poo Soil Enhancer.



The Upper Tennessee River Roundtable will be providing materials to make rain barrels at the market.

There is no fee to make a barrel, and they are on a first come first served basis. They will also offer supplies for kids to make piggy banks out of plastic bottles.



Enjoy our musical performer Tyler Hughes as he sings and plays the guitar, while your children make track booklets with the Master Naturalist Group!

## What Else?

Kids Bucks are Available!!!

Kids (Ages 2-17) can sign up for his/her free \$5 to spend on Fruits and Vegetables at the Market.



Visit the "Welcome" table to register for this weeks Farm Fresh Basket.

Make sure you visit the Public Library's Table to checkout books and make a paper fruit basket craft!



### To Become a Vendor Contact

Katie Hummel at 679-1160  
or Michele Knox at 679-0754  
or e-mail  
farmersmarket@nortonva.gov

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